

## How Much Money Will You Save By Quitting Smoking?

To find out how much money you will save by quitting, first find the number of packs that best represents how much you smoke each day. Then, follow that row to see how much money quitting will save you over the years. (All calculations use a cost of \$3.00 per pack. Changes in cigarette prices are not considered in this table.)

Number of years quit

	1 Year	5 Years	10 Years	20 Years	30 Years
Each day, I smoke about					
1 pack of cigarettes	\$1,095	\$5,475	\$10,950	\$21,900	\$32,850
2 packs of cigarettes	\$2,190	\$10,950	\$21,900	\$43,800	\$65,700
3 packs of cigarettes	\$3,285	\$16,425	\$32,850	\$65,700	\$98,550

For example, if you smoke 2 packs a day...if you quit today, in 20 years you will have saved at least \$43,800 by not buying cigarettes.

## So what else could you do with all that money?

Take a vacation, buy a car, put a down-payment on a home, go out to dinner more often, send your kids to college, renovate your home, buy a new TV, save for retirement...



## To Quit the Use of Tobacco, Call 1-800-QUIT-NOW

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